



**Retired Teachers of Ontario  
District 13  
Hamilton, Wentworth, Haldimand**

[www.rto-district13.org](http://www.rto-district13.org)

Volume 24 Number 3

March 2009

## Thirteenth World

### President's Message



When we look around we find much for which to be thankful. We live in a great country of opportunity; our district has a diverse and skilled population, and we, as retired teachers, are the beneficiaries of an excellent pension plan and other benefits. (Let's remember that RTO also provides good health and related insurance benefits for those who choose to participate.) Our representatives, both in our affiliates while we were active teachers, and those who represented us in government have served us well in organizing our pension plan and other benefits. However, let us remember we paid whatever price was negotiated and/or required for these -- they were not provided to us gratis.

It seems that we, as individuals, need to be more aware of current events, certainly more than in the recent past. Significant and rapid

changes are taking place, in the economy, in health care and related matters, in environmental matters (e.g. one bag of garbage limit in some places, etc), and other items which affect us directly and indirectly. The most important benefit of being informed means we can better deal with whatever comes up.

District 13, Hamilton-Wentworth, Haldimand continues to grow. The membership count at February 28, 2009 was 2,784. To date, our district stands 3<sup>rd</sup> in number of new members in the 2009 contest. In May 2008, RTO Senate approved broadening the eligibility for membership to include retired school support staff -- e.g. secretarial, custodial, as well as retired College and University faculty. If you know a teacher, administrator or support staff member who is planning to retire, please let them know about RTO. Membership information is available on line at [www.rto-ero.org](http://www.rto-ero.org), or by calling

*( Continued on page 4)*

## RTO District 13 Contacts

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 Treasurer: Doug French 905 389 4313  
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 Political Action: Leo Normandeau 905 689 9198  
 Recreation: Jutta Busch 905 529 5197  
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**The Thirteenth World** is published five times a year by District 13 of the Retired Teachers of Ontario for members of the District.

Publication times are as follows:  
 January  
 February Tours Edition Series A  
 March  
 June Tours Edition Series B  
 September

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 Gordon Near  
 Joanne Weeks  
 Jim Wilson

**The Committee reserves the right to edit material when necessary.**

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## Are You Moving?

**Have your friends moved and are not receiving Newsletters?**

Contact:  
 Provincial Office RTO/ERO  
 Suite 300, 18 Spadina,  
 Toronto, Ontario M5R 2S7  
 or call Membership **1 800 361 9888**.

# Spring Luncheon

And  
Annual Meeting

**Thursday, May 7th, 2009**

<p>Waterfront Banquet and Conference Centre (Chamber of Commerce), 555 Bay Street North, Hamilton.</p> <p>Social Hour (Cash Bar) 11:30 a.m. Business Meeting 12:00 noon Luncheon 12:30 p.m.</p> <p>Guest speaker: Spider Jones**</p> <p>Price \$25.00 per person</p> <p>Free Parking</p>	<p style="text-align: center;">Menu</p> <p>House Salad with Raspberry Vinaigrette</p> <p>Boneless Chicken Breast with White Wine Tarragon Sauce</p> <p>Oven Roasted Potatoes</p> <p>Vegetable Medley</p> <p>Freshly Baked Dinner Rolls</p> <p>Grande Marnier Mousse</p> <p>Tea and Coffee</p> <p style="text-align: center;"><i>Special menus may be requested.</i></p> <p style="text-align: center;"><i>Contact Phyllis Doyle</i> 905 632 8302.</p>
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Reservations: To facilitate the correct ordering of meals, complete the application form below and mail along with your cheque as soon as possible to: Phyllis Doyle, 857 Condor Drive, Burlington, Ontario L7T 3A8  
*Please pick up your pre-printed name tag at the door. This will be your admission to the dining room.*

\*\* Spider Jones is currently a talk show host on Toronto CFRB (Sunday 4 p.m. to 6 p.m.). He is a motivational speaker and has produced a book describing his personal story. (*Out of the Darkness*). For more information check out his website: [www.spiderjones.com/](http://www.spiderjones.com/)

**Application for RTO District 13 Spring Luncheon**  
**Thursday, May 7th, 2009** at the Waterfront Centre.  
Name as it should appear on your name tag:

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Make cheques (\$25.00 pp) payable to **RTO District 13** and mail to arrive as soon as possible to: Mrs. Phyllis Doyle, 857 Condor Drive, Burlington, Ontario, L7T 3A8

## GOODWILL COMMITTEE ASSISTANCE

Assistance is still needed! The RTO District 13 Goodwill Committee is looking for someone to help with the Burlington area. If you are able to give a few hours per month to prepare and send birthday cards to our more senior members, please contact Barbara Jarrett at 905 522-0381 or Lee Hondronicols at 905 527-0632. Please be reminded that it is not necessary to live in the Burlington area in order to volunteer. Thank you.

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### **President's Message** (*Continued from page 1*)

1-800-361-9888. Spread the word - this helps make our voice louder when it is needed. Please note, the newly-retired are invited to attend a Retirees' Reception on September 29, 2009, at 10 a.m. at the Waterfront Centre. Anyone interested, please call me at 905 385 6656 or e-mail: ghnear02@mountaincable.net

The District Spring Luncheon and Annual Meeting is scheduled for May 7, 2009 at the Waterfront Centre (Chamber of Commerce), 555 Bay Street North. We have invited Spider Jones as the guest speaker. Spider is a talk show host on CFRB, with a program on Sunday 4-6 p.m., and he has a very interesting background. In his spare time Spider works with youth in Toronto to motivate them to do their best. His own example reveals why he is so effective in what he does. Spider dropped out of school at grade 5, and dropped back in when he was in his 30's. He is a former prizefighter (winner of the Golden Gloves). More recently he is the author of a book about his life titled "*Out of the*

*Darkness*". I think you will find the message he brings to us uplifting and motivating. Please plan to attend.

The District 13 Wellness Day Event is scheduled for October 3, 2009 at the downtown YWCA. More details are included elsewhere in this newsletter. Thank you to Joanne Weeks and the Wellness Day Committee for an excellent job. Please mark your calendars and reserve your place early.

Our District Executive is made up of a wonderful group of people. Within this group is a huge variety of top quality talents, skills, knowledge and experience. Every executive member works very effectively in your service. "Five Stars" to each. Well done and thank you.

I have also had the opportunity to meet a number of our individual members. Thank you for the opportunity. One thing comes through loud and clear -- teachers are great people, and retired teachers are great people with experience.

With very best wishes to all,  
Gordon Near  
President District 13.

## Calendar of Events

April 7, Political Action Meeting  
 April 13, Tour 2, Stratford, West Side Story  
 April 22, Watercolour Workshop with John Nugent  
 April 23, Scone Making Workshop  
 April 24, Aldershot Players  
 April 28, Writing Seminar with Paul Challen

May 7, RTO Spring Annual Meeting and Luncheon  
 May 9, Table Officers' meeting  
 May 11, Executive Meeting  
 May 13, Albright-Knox Trip  
 May 19, Tour 3, Toronto Zoo  
 May 25, 26, 27, Provincial Senate

June 2, Political Action Meeting  
 June 4, Tour 4, Baseball  
 June 11, Golf Tournament  
 June 24, Tour 5, Boat Trip, Lake Scugog

July 3, Tour 6, St. Jacob's Country Playhouse  
 August 18, Tour TBA

September 10, Golf Tournament  
 September 11, Table Officers' Meeting  
 September 14, Executive Meeting  
 September 15, Tour TBA  
 September 29, Retirement Reception for newly retired educators

October 2, Tour TBA  
 October 3, Wellness Day

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## Ancaster High School's 50th Reunion

Friday May 8th - Sunday May 10th  
[www.fiifyearsofroyalty.net](http://www.fiifyearsofroyalty.net) or (905) 648 - 4468, for more information.

## Tours Series A Update

There are still seats available on the following tours: ( Call Elaine Murray at 905 574 9134)

**April 13,** Stratford Festival: West Side Story (Call Phyllis Doyle at 905 632 8302)

**May 19,** The Toronto Zoo (Call Phyllis Doyle at 905 632 8302)

**June 4,** Rogers Centre: Blue Jays Baseball Game ( Call Ted Lowrey at 905 383 5237)

**July 3,** St. Jacob's Country Playhouse: 'Me and My Girl' Musical

I realize that these tours are becoming quite expensive. Since I took over the tours in 2000 the costs of the bus and theatre seats have doubled - hence the high price. We either have to bite the bullet or stay home.

Phyllis Doyle, Chair Tours Committee

## Watercolour Workshop with John Nugent

Participate in a relaxed and informal watercolour session with former HWDSB art supervisor John Nugent. John will provide a few still-life arrangements or bring your own subject matter. There will be a review of the elements of design and composition . As well, John will do a demonstration and show many samples of his "small works". He will share his sketchbooks – sketches of holidays and daily life over many years. You will have time to complete a 5x7 card with one on one assistance as needed. John will provide the watercolour card.

**Location:** Blessed Sacrament School Room 22.

**Date:** Wednesday, April 22, 2009

**Time:** 1:00-4:00 p.m.

**Cost:** \$10.00

**Registration deadline:** April 17

**Supplies:** Please bring your own watercolours, brushes, water container and drawing tools. A sketchbook will be useful.

Please make cheques payable to **John Nugent.** Send to Jutta Busch, 701-1964 Main Street West, Hamilton, ON L8S 1J5

Application form on Page 18.

## RWTO Hamilton-Wentworth Events

Wednesday, April 15, Casino Niagara

Wednesday, May 13, Breakfast by the Bay

Wednesday, June 17, Golf Tournament

For more information contact Linda Monteith 905 383 9381,  
e-mail: djmonteith@mountaincable.net

## Writing Seminar with Paul Challen

Paul has been a teacher for more than 40 years. He has worked with seniors at the Ancaster Senior Achievement Centre helping individuals to write their life stories. Paul finds this a very gratifying activity and is now offering his expertise to RTO.

Paul asks that you bring your expectations re: what you hope to do with your autobiography and also (if possible) to bring a sample of your writing to share 'among friends'. This will not be a critique just a starting point for discussion and learning.

For more information contact Paul at: pchallen@netscape.ca

Location: Blessed Sacrament

School - Room 22

Date: **Tuesday, April 28, 2009**

Time: 9:30 - 3:00 p.m.

Cost: Free

Materials needed: writing tools, notebook or laptop

There will be a one hour break for lunch (bring your own or go to nearby venues).

Please RSVP by calling Jutta Busch at 905 529 5197.

## The Aldershot Players' Dinner Theatre

The evening begins with a three-course dinner: juice, salad, entrée and 'famous' dessert buffet prepared by Maitre D' Catering of Burlington. This is followed by 'The Aldershot Players' production of '*Key for Two*', a romantic comedy. "Explodes into the happiest of frolics," writes the London Daily Telegraph.

Date: **Friday, April 24, 2009**

Location: West Plains United Church at 549 Plains Rd. West, Burlington

Time: Dinner at 6:30 p.m.; show at 8:00 p.m.

Cost: \$35.00 per person

Registration deadline: April 14, 2009. Maximum: 30

Make cheques payable to **Aldershot Players** and send to Jutta Busch, 701 -1964 Main Street West, Hamilton, L8S 1J5. Application form on page 18.

## Retirement Reception

Do you know anyone who is retiring this year? RTO District 13 is hosting a retirement reception for all newly-retired educators September 29 at the Waterfront Centre, 555 Bay St. N. Call Gordon at 905 385 6656, or e-mail: ghnear02@mountaincable.net to RSVP.

## Secrets of Scone Making

Learn how to make scones at the 'Tea At The WhiteHouse' (Waterdown). Gill will share her expertise and shed some light on the mystery of scone making. Our afternoon will conclude with tea and freshly-baked scones. Cost: \$30.00 per person. Cheques payable to: **Tea at the White House**. Send to Jutta Busch, 701-1964 Main Street West, Hamilton, ON. L8S 1J5 by April 17, 2009.

Date: **Thursday, April 23, 2009**

Time: 2:00 p.m.- 4:00 p.m.

Location : Tea At The White House, 297 Dundas St. East, Waterdown

Application form on page 18.

## Art Workshops

The following workshops are being offered in conjunction with the Women's Art Association of Hamilton.

Wednesday, March 25th , 10.30-1.30 pm Claudette Losier . Portrait sketching. Claudette will show us her unique method of capturing a likeness. Bring your own supplies. \$20.00. Suit all levels

Sunday, April 19th , 9- 4 pm full day. Doug Mays is an excellent instructor and beautiful artist. Loose and impressionistic. Working in watercolour. We are very lucky to get this busy artist in a workshop. Bring your own supplies. \$60.00. Intermediate to advanced levels.

Wednesday, May 13th , 10- 5pm  
Kristina Kirkwood is an assemblage artist and is very generous with her expertise. If making assemblage art for a wall or sculpture out of reclaimed and scavenged items appeals to you this is the course for you, beach is nearby for scavenging. Bring your own tools and junk ( supplies)  
\$30.00. Suit all levels.

All workshops are at Skywave Studios behind Sunrise Gallery [www.sunrisegallery.ca](http://www.sunrisegallery.ca) (on the Beach Strip) 765 Beach Blvd  
Call Sue Gunter at 905 388 6573 or e-mail [susgunter@gmail.com](mailto:susgunter@gmail.com) for more information and registration.

Jutta Busch, Recreation Chair

**REGENERATE-REJUVENATE  
REVITALIZE  
RTO DISTRICT 13 WELLNESS DAY**

**Saturday October 3rd, 2009**

YWCA Hamilton/Senior Active Living Centre  
75 MacNab Street South, Hamilton  
9:00 a.m.—3:00 p.m.

Enjoy a keynote speaker, three workshops on a wide variety of topics, displays, door prizes, break snacks and a lunch at a cost/person of \$35.00. We are looking forward to expanding your interests, increasing your knowledge, providing an active and social day as well as enjoying your company. Join us for our RTO District 13 Wellness Day!

**KEYNOTE SPEAKER:** Suzan Fawcett, 'It's not impossible - Sell your House and buy Two Pigs'.

**WORKSHOPS:** *Please choose SIX workshops in order of preference and complete the sheet on the back page of the newsletter (page19). You will be attending THREE workshops--one in the morning and two in the afternoon.*

1. THE ART OF HEALTHY TRAVELLING--Judy Taylor, Cruise Holidays of Ancaster.

An introduction to travel tips that will make your vacations memorable for all that is enjoyed ---not for all that is endured! Experience shared is based on both personal travel and ten years in the travel industry.

2. CREATE A FALL HAND-TIED BOUQUET - Joy Magwood  
Learn the hand-tied technique to create a lovely fall bouquet for your table. Mix vibrant live flowers, wheat and berries in a modern way to enjoy fall's bounty. Materials, including a vase, will be supplied. The cost, to be collected at the workshop, is \$20.00. Maximum 15 participants.

*(Continued on page 10)*

**Wellness Day** *(Continued from page 9)***3. YOUR BRAIN AND GOOD HEALTH-MAKING THE CONNECTION--Karen Robins --Alzheimer Society.**

It's never too soon or too late--learn how, by making healthy lifestyle choices, you may reduce your risk of developing Alzheimer's disease and improve your brain's ability to sustain long-term health.

**4. LINE DANCING--Liz Pascual, Supervisor-YWCA Senior Active Living Centre.**

Line Dancing is a great social experience which does not require a partner in order to participate. Come for healthy, active fun!  
(running shoes and comfortable clothes)

**5. CONTAINER GARDENING--Charlie Connor**

Container planting is one of the newest trends in gardening today. If you're limited in space and you love to grow things, you should consider container gardening. It will fit a balcony, a deck, a patio or a doorstep. The results are spectacular. Hands-on full participation session. Materials supplied. (10 participants)

**6. THE NATURAL WAY TO BETTER HEALTH--Dr. Kim Townsend ND, Goodness Me.**

An overview of steps that you can take to reduce your risk of disease and enjoy better health.

**7. WALKING TO WELLNESS--Jackie Aird, Barbara Laughland, Joanne Weeks.**

An active workshop outlining the benefits of daily walking ---- wearing a step pedometer. A pedometer will be provided to participants (subsidized). An extra cost of \$5.00 will be collected on the day of the workshop. (Running shoes and comfortable clothes)

**8. TAI CHI--Taoist Tai Chi Society of Canada.**

Taoist Tai Chi is an art form that helps to restore and maintain health and well-being. The practice of this art form of 108 slow

*(Continued on page 11)*

**Wellness Day** *(Continued from page 10)*

turning and stretching movements is suitable for people of all ages and conditions. ( Comfortable clothes for a slow but active session)

9. FINANCIAL WELLNESS FOR WOMEN--Cathie Vaillancourt, Director Wealth Management, Teachers Credit Union.

This session will focus on the unique financial needs of women and provide strategies for long-term investing so that you manage your money confidently and live comfortably for years to come.

10. IT'S A CELEBRATION--SCRAPBOOKING--Jan Moxey

Celebrate the relationships in your life through the pages of your scrapbooks. This interactive workshop will teach you a faster, simpler, easier approach to creating layouts with pizzazz. Open to the novice and the expert scrapbooker. Bring along 3-7 photographs, a paper trimmer, scissors, pencil, ruler, adhesive and your sense of humour.

[www.janmconsultant.myctmh.com](http://www.janmconsultant.myctmh.com)

10. EAT WELL TO STAY WELL—Pat Elliott-Moyer, Public Health Nutritionist, City of Hamilton Public Health Services.

During this session participants will explore healthy eating as a cornerstone for healthy living. Participants will learn about label reading ( the fat, fibre and sodium content of food) as well as portion control. Questions answered!

11. DANCE WORKOUT--Liz Pascual, YWCA Hamilton, Supervisor of Senior Active Living Centre.

A fun cardiovascular workshop that will get your whole body moving. Dance to wellness! (Running shoes and comfortable clothes)

12. USE IT OR LOSE IT—BRAIN BOOSTERS!-- Marian Cummins, Alzheimer Society.

Come and learn innovative and fun methods that can help maximize your brain health.

*(Continued on page 12)*

**Wellness Day** *(Continued from page 11)*

13. FINANCIAL FITNESS FOR SENIORS--Cathie Vaillancourt,  
Director Wealth Management, Teachers Credit Union.

Achieve your financial goals! A session that will focus on the needs of retired teachers/seniors and provide strategies for long-term investing. Live comfortably for years to come.

14. ECODRIVER—Paul Barrett, Clean Air Co-ordinator, Green Venture.

Help your wallet and the planet. Tips for buying a fuel-efficient vehicle and for using your vehicle efficiently

15. AN AUTUMN CREATION - Amber Aird-Williams

Create a beautiful fall centrepiece using a bright mix of silk floral and other materials. Materials supplied. An extra cost of \$18.00 will be collected on the day of the workshop. Maximum of 15.

For more information contact:

Joanne Weeks

905 692-5754

weeksj@sourcecable.net

The Registration Form is on page 19.

Post-dated cheque for September 1st, in the amount of \$35.00 pp, made out to RTO District 13 and sent to:

Joanne Weeks

700 Trinity Church Road,

R. R.#2 Hannon, Ontario L0R 1P0



\*What's the matter with your finger? I hit the wrong nail..

\* I feel fit as a fiddle. You look like a saxophone.

\*Did you take my advice and sleep with the window open to cure your cold?

Yes.

Did you lose your cold?

No, I lost my watch and my pocketbook.

## Health Report by Jackie Aird

I will be attending the Provincial health workshop June 7th and 8th. If there are issues and/or concerns about the plan, changes, and enhancements that you would like me to bring forward to the Health committee please e-mail me at: [jaird@cogeco.ca](mailto:jaird@cogeco.ca) or call me at 905 643 2521. I will be pleased to share the information with the committee.

### Interesting Websites:

\*Boomer Tsunami Article Series-Toronto Star  
<http://www.thestar.com/atkinson2008>

\*White Coat, Black Art- CBC Radio podcast (audio download  
[http://podcast.cbc.ca/mp3/whitecoat\\_20081020\\_8402.mp3](http://podcast.cbc.ca/mp3/whitecoat_20081020_8402.mp3)

\*Canada's Physical Activity Guide to Healthy Active Living for Older Adults-Public Health Agency of Canada  
<http://www.phac-aspc.gc.ca/pau-uap/paguide/older/index.html>

### Your Health and Mine

Studies show that people with higher blood levels of vitamin D have lower rates of heart attacks, strokes and heart failure and are less likely to die of these diseases than those with lower amounts. The fact is by maintaining a vitamin D deficiency raises the odds of high blood

pressure, diabetes, obesity high triglycerides, and poor circulation in the legs. All of these are factors in heart attacks. Most Canadians are coming up short, especially in the winter, when up to 97 percent of us may have low levels of Vitamin D. At our Northern latitudes it is physically impossible for our skin to make enough Vitamin D from October until March. The cancer society recommends 1000 IUS of Vitamin D daily during fall and winter months. Since we all can't be snowbirds then let us look to eating the foods high in Vitamin D.

No, I don't want to take COD LIVER OIL even if I know it's good for me. Well then fish, salmon, mackerel, tuna, sardines and eggs can provide some Vitamin D but the big winner remains Cod Liver Oil with a whopping 1360 IUS per serving. I guess Grandma knew best. I guess I can still hold my nose and down it goes. ( Capsule forms are available). Of course if you are taking large doses of Vitamins you should do it in consultation with your Health Care provider.

Check out [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/context/evid-fond/fita\\_d-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/context/evid-fond/fita_d-eng.php)

## District 13 RTO, 22st Annual Spring Golf Tournament.

The 22th Annual Golf Tournament will be held **Thursday, June 11, 2009** at the Knollwood Golf Course in Ancaster. Tee-off times will begin at 7:30 a.m.

A cheque for \$35.00 should be mailed to Jim Wilson. An application form for this tournament is below.

The format is a best ball scramble. You do not need to be a low-handicap player to come out and enjoy the fun. Golfers of all skill levels are welcome. While there will be a prize for the golfer making the longest drive, sinking the longest putt, getting closest to the hole, the object of the day is to enjoy the game and meet other golfers. You will also have a chance to win a lucky prize draw at the "nineteenth-hole party" after the golf.

The District 13 fall golf tournament is Thursday, September 10, 2009. Mark your calendar now.

Jim Wilson

.....  
**The 22nd Annual Golf Tournament, Thursday, June 11, 2009,**  
Knollwood, in Ancaster.



Check the following: We will make up a foursome.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

I would like to join a foursome: \_\_\_\_\_ Estimate skill level: Above Average\_\_ Average\_\_ Duffer\_\_ any special request, we'll try to accommodate.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Fee: \$35.00 per person. Total fee submitted \$ \_\_\_\_\_

Complete this form and mail with cheque payable to: Jim Wilson and mail to Jim Wilson, 970 Danforth Ave., Burlington, Ontario L7T 1S8.

Please send \_\_\_ registration form(s) for the mixed scramble on September 10, 2009.

## Albright-Knox Art Trip Wednesday, May 13, 2009

Jackson Pollock, deKooning, Frida Kahlo through the lens of Niokolas Muray

The Women's Art Association of Hamilton is offering a bus trip to the Albright-Knox Gallery in Buffalo.

Our coach leaves the Holiday Inn at the QEW & Hwy 20 at 9 a.m. with an additional pick-up at Immaculate Heart of Mary Church, Hwy 8 at 9:10 a.m.

Lunch is on your own.

Please remember that we are travelling to another country and health insurance is advisable. Up until May 31, 2009, Canadian citizens entering the United States by land or water may use a government-issued photo ID, such as a driver's licence, **plus** a birth certificate or a

Canadian citizenship card. Passports are recommended.

The cost per person is \$45.00 which includes transportation and admission to the Gallery.

Please make cheques payable to:  
Argia Cowle  
Mail to: Argia Cowle,  
15 Watershore Drive,  
Stoney Creek, Ontario L8E 0C1

Deadline for mail-in is April 15, 2009.

For more information call:  
905 643 6193 or e-mail:  
hamiltontobuffalo@gmail.com

Application form is on page 18.

## Tour of Battlefield House

An excellent tour of Battlefield House was enjoyed by a small group of RTO members on February 25. The guide (in historic dress) was outstanding; he delivered a wealth of information in a lively and entertaining manner. Facts about the Battle of 1812 and the Gage family, whose home this was, and interesting bits and pieces about life in those times held the attention of all present. An outdoor demonstration was given to show how to fire a rifle and we learned the differences between a musket and a rifle as well as the many challenges involved in using either

style of firearm. Many of the furnishings and artifacts were the original property of the Gage family.

A worthwhile destination for family or friends visiting from out of town. FYI: Re-enactment of the Battle of Stoney Creek

June 6: 3:30 and 8:30 p.m.

June 7: 2:00 p.m.

Fireworks after the Saturday evening battle.

Visit: [www.hamilton.ca/museums](http://www.hamilton.ca/museums)

[www.battlefieldhouse.ca](http://www.battlefieldhouse.ca) or call:  
905-662-8458

Jutta Busch

## Vacation Check List

- \* Stop delivery of newspapers.
- Remove perishable items from your refrigerator.
- Arrange for someone to shovel snow, mow your lawn or water plants.
- Arrange for someone to pick-up your mail or have it forwarded to relative's address.
- Unplug all unnecessary appliances, including computer, microwave and television. Turn off air conditioner.
- Turn on telephone answering machine.
- Check all doors and windows. Make sure they are locked and remove any keys hidden outside the house.
- Check for fire hazards, including open gas containers, oily rags, items around your furnace and anything that could ignite easily.
- Dial your thermostat up or down to match the temperature of the season.
- Install time switches to turn lights and radio on and off at specific times.
- Leave your curtains and shades in the closed position.
- Ensure that someone checks the house at regular intervals. Give this person your insurance broker's phone number and policy number in case of emergency as well as a schedule of your vacation including addresses, names and phone numbers.
- Take a list of emergency numbers in case of illness or accident.
- If travelling out of the country, make sure you have adequate medical insurance. Take all necessary details with you and inform your travelling companion(s) of what to do should there be an emergency.
- If you are taking your own car, ensure that you have your liability card, registration and driver's license. Check your spare tire and jack, oil level, tire pressure, windshield cleaner and coolant level.
- Print address labels of people to whom you want to send post-cards.
- Remember to take all information needed to call about a claim whether it be for car or personal belongings (home) insurance.
- Call your insurance broker to inquire about additional coverages that might be required by your insurer and confirm how you would report a claim from your destination.
- Before you walk out the door, give your house one final check.
- Enjoy your vacation.

## Political Action (PAC) Committee Report

At its February meeting the committee continued discussing the results of the last Federal election, the proroguing of parliament and its implications and the status of the opposition coalition and the subsequent reconvening of parliament. We discussed the effects of all of this on the electoral process and the future of the current government. We also talked about the new federal budget and its implications. No solutions were provided but an entertaining discussion took place.

Provincially RTO is making Market Value Assessment (CVA) a priority issue. With this in mind the Committee examined many and varied articles that addressed the issue and various inequalities in the program. Some members shared their personal experiences dealing with MPAC. It is a very serious issue with many seniors and of grave concern to RTO. More information on the issue and how to launch an appeal are available at [www.rto-ero.org](http://www.rto-ero.org). Please be advised that the deadline for an as-

essment appeal is March 31, 2009.

The Crude Awakening presentation took place as planned at Bay Gardens Funeral Home in Burlington on Monday February 23, 2009. Attendees viewed a screening on how oil production is going to peak. It was a compelling film that comes to the startling but logical conclusion - our industrial society, built on cheap and readily available oil must be completely reimagined. The animated discussion that followed was both educational and entertaining.

As Chair, I wish to thank Richard Reble, Bay Gardens Funeral Home for the use of their community room and for providing coffee and tea, and the PAC members who gave so generously of their time.

The next meeting of the PAC is on April 7, 2009 9:30 a.m. at Blessed Sacrament School 315 East 37th Street. All are welcome.

Leo Normandeau PAC Chair

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## Nova Scotia Teachers' College Alumni Association

The Annual Reunion 2009 will be held on the Campus of the Community College ( former Teachers' College), Truro, August 14 - August 16, 2009.

For registration forms or more info contact Rosella MacDonald: [rosellamacdonald@yahoo.ca](mailto:rosellamacdonald@yahoo.ca) or Robert Jordan: [rwjdan@ca.inter.net](mailto:rwjdan@ca.inter.net)  
Check out the website. <http://www.nsteacherscollege.ca>

**Mail in Application for John Nugent Watercolour Workshop,  
Scone Making, Aldershot Players' Dinner Theatre.**

*Check appropriate box.*

- John Nugent Watercolour Workshop, April 22, Cost \$10.00 pp.  
 Scone Making Event, April 23. Cost \$30.00 pp.  
 Aldershot Players' Dinner Theatre, April 24. Cost \$35.00 pp.

Submit application and cheque made out to appropriate venue by deadline to: Jutta Busch, 701-1964 Main Street West, Hamilton, Ontario. L8S 1J5

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

**Application Form - Albright - Knox Bus Trip: May 13, 2009.**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Submit application and cheque (\$45.00 pp) by deadline to:  
Argia Cowle, 15 Watershore Drive, Stoney Creek, L8E 0C1



Busy Beavers  
stuffing the  
RTO newslet-  
ters into enve-  
lopes.

*Picture cour-  
tesy Jan Lukas*

## RTO District 13 WELLNESS DAY

REGENERATE-- REJUVENATE-- REVITALIZE

### REGISTRATION FORM

Saturday, October 3rd, 2009

Please make SIX ( 6) choices in order of preference. You will be able to attend THREE (3) sessions. Workshops will be slotted in the order in which registrations are received. Your registration will be confirmed by either e-mail or standard post. Please include your payment along with your registration form. Payment should be in the form of a postdated cheque (dated September 1st, 2009) in the amount of \$35.00 per person made payable to **RTO District 13**. Two people may register on one form.

NAME(S) \_\_\_\_\_

Phone: \_\_\_\_\_

e-mail address: (to confirm choices) \_\_\_\_\_

Postal Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Choices:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

Choices:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

Please mail the registration form along with the postdated cheque before June 12, 2009 to:

Joanne Weeks  
700 Trinity Church Road,  
R. R.#2 Hannon, Ontario  
L0R 1P0

Retired Teachers of Ontario, District 13  
c/o Gordon Near  
21 King's Forest Drive  
Hamilton, Ontario  
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